

'Not enough people know'

Annual Walk to End Alzheimer's raised money and awareness of programs and services that help fight the disease

By Joan Cronk
Contributing writer

A drizzly Saturday morning didn't stop the Walk to End Alzheimer's, held Sept. 14 at Thea's Dock in Tacoma, from being a huge success.

Event coordinator Trisha Averill of the Alzheimer's Association said the yearly walk is their largest fund-raising event.

There are over 650 such walks throughout the United States and 10 in western Washington. Because September is National Alzheimer's Awareness Month and Sept. 21 was World Alzheimer's Day, the date for the Tacoma walk fit in perfectly. A separate walk was held Sept. 28 in Bremerton.



Marilyn Kealoha, who lost her mother to Alzheimer's, was joined by her daughter Tara Gage and grandchildren at the start of the walk.



Relatives of Ken Karon, who died in 2001 of Alzheimer's disease, formed Team Ken for the Walk to End Alzheimer's, which was held in Tacoma.

Photos by Joan Cronk/Senior Scene

Experts say that Alzheimer's disease is now the third-leading cause of death in Washington and the sixth-leading cause of death nationally.

The purpose of the Walk to End Alzheimer's, said Averill, is to raise awareness about the disease.

"We hope to get more publicity because not enough people know about the programs and services. It is a very stigmatized disease," she said.

The September walk in Tacoma drew over 100 teams and 700 people and raised \$80,500. Over 40 volunteers helped sign people up on the day of the event, pass out bib numbers and direct everyone to the right spot. Shuttle buses drove participants from the parking lot off Puyallup Avenue to the walk site, helping everyone arrive on time.

Team Ken consisted of family members of Ken Karon, who died in 2001 of Alzheimer's.

Ken's wife, Judy, said her husband had been

CEO of an auto parts warehouse and was one of four children. Three of the children have died of Alzheimer's disease, and the University of Washington is now following the family.

Ken was 74 when he died.

"People who have Alzheimer's know something is wrong. Ken told his niece a few years before he was diagnosed that he knew something wasn't right," said Judy.

Marilyn Kealoha, her daughter Tara Gage and grandchildren walked in memory of her mom, Karen Baisley.

"Dad took care of mom at home and it was rough on him, but now he has time to take care of himself. He lost his best friend," she said.

Keri Pollock, communications director of Alzheimer's Association's Western and Central Washington Division Chapter, said their deepest and broadest reach is through their support groups.

See WALKERS page 7

She went from track novice to medal-winning sprinter

'On a whim,' Ruston woman gets up to speed in National Senior Games

By Pat Jenkins
Senior Scene

Madonna Hanna, who has a you-can-do-anything attitude, still surprised herself when she went from being a novice in track and field to part of a medal-winning relay team in this year's national Senior Games.

Hanna, 59, is a Milken Educator and motivational speaker with more than 30 years of experience as a teacher and 25 years as a program creator, coordinator and fund-raiser. She has earned national recognition as a career and technical educator, plunged into community service and tackled speaking engagements on topics such as bullying, swearing and group behavior issues.

See SPRINTER page 11



Madonna Hanna celebrates at the National Senior Games with her husband and coach, J. Steven Hanna.



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BRIEFLY

Options available for flu shots; officials urge getting one to keep bug from spreading

The start of the flu season has health authorities urging virtually everyone to get an influenza vaccination.

In addition to medical providers, shots are available from pharmacies at Walgreens, Costco, Safeway, Rite-Aid and Target stores, among others.

Health officials note that each flu season, different flu viruses can spread and affect people differently based on the virus and on their body's ability to fight infection. Some flu seasons are worse than others, officials note, and no one can predict how severe the current season will be.

Information on potential health risks of flu shots is available from the public health departments for Pierce, King and Kitsap counties, as well as from private physicians and other medical providers.

Bartell Drugs is one example of commercial outlets that are offering flu shots. Bartell is offering in-store vaccinations at 61 of its stores, with no appointment necessary. Pharmacists can immunize anyone 5 years old and up (ages 5 through 17 must be accompanied by a parent or guardian).

The company also is offering an off-site flu clinic program serving businesses and retirement communities with 15 or more employees or residents. For retirement communities, the program not only helps residents protect themselves, but getting a flu shot also protects those around them, some of whom may be at higher risk from complications that are associated with the flu.

Tacoma Historical Society hosts Veterans Day ceremony

A Veterans Day observance is scheduled for Nov. 11 at War Memorial Park in Tacoma. The ceremony, which will be hosted by Tacoma Historical Society, will begin at 11 a.m. The park is at Sixth Avenue and MacArthur Street.

Pierce County honoring top service to others

Pierce County Community Connections Aging and Disability Resources is calling for nominations of individuals and organizations that make outstanding contributions to the lives of older adults, individuals with disabilities, caregivers and the community at large.

The award for individuals is based on dedication to their work for at least three consecutive years, an innovative work practice or style, their ability to listen to, understand and give voice to others, and participation in activities that may be outside of their job description and work hours and that serves seniors or disabled persons.

Organizations (for-profit or non-profit) are recognized for their ongoing stability, delivery of services, enhancing the quality of life for clients, and contributions beyond the boundaries of their usual service.

The deadline for nominations is Nov. 4. Forms are available at www.PierceCountyWA.org/ADR and 253-798-4600.

Free blood pressure checks in Puyallup

Puyallup Senior Activity Center hosts free blood pressure checks the first three Tuesdays of each month from 9:30 to 11 a.m. The screenings are provided by MultiCare Good Samaritan Hospital.

More information is available at 253-841-5555.

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Five common questions about switching to a gluten-free diet

By Chelsey Lindahl
Contributing writer

As a wellness dietitian with the MultiCare Center for Healthy Living, I'm always meeting with patients and community groups to talk about food choices and nutrition. During these conversations, people often raise questions about gluten and whether they should remove it from their diet.

Below are some answers for those who are curious about gluten-free diets.

What is a gluten-free diet?

Gluten is a protein found in wheat, barley and rye grain products. Gluten is also found in foods containing these grains, including many processed foods. Foods containing these grains must be avoided when following a gluten-free diet.

How do I know if I need to remove gluten from my diet?

Most commonly gluten is associated with celiac disease, an autoimmune condition in which individuals lack the ability to effectively break down gluten. Celiac disease can be diagnosed with a blood test to check gluten antibody levels. Talk with your doctor if you have concerns or a family history of celiac disease.

There is increasing concern around gluten intolerance or sensitivity. Food sensitivities do not produce an antibody reaction as seen in celiac disease; they often result in symptoms such as gastrointestinal discomfort, skin irritation or

PROBLEM CAN START IN YOUR 60s

Celiac disease can develop in people of any age. In recent years, researchers have noted that gluten tolerance can be lost by people in their 60s, meaning that someone who tests negative for celiac disease at age 50 can develop symptoms at age 65 and should be tested again. A study published in 2010 in 'Annals of Medicine' reported a fivefold increase the past 30 years in celiac disease patients, many of them elderly.

headaches. If you think you may be sensitive to gluten, consider eliminating it from your diet for two to three weeks. At the end of the elimination diet, add gluten back into your diet for one to three days. If symptoms disappear during the trial and/or reappear with the re-addition of gluten, it is likely you may have an underlying sensitivity.

Is there any harm in removing gluten from my diet or my child's diet?

There is no harm in following a gluten-free diet. Gluten is not an essential protein; therefore eliminating it does no harm. Great fiber- and nutrient-rich substitutes include gluten-free oats, brown rice or quinoa. Gluten-free options are becoming increasingly accessible, however, remember to be watchful of processed foods that might provide less nutrition. Choose unprocessed, whole grains whenever possible.

Are there any foods that people might not realize contain gluten?

Being gluten free requires some sharp label-reading skills. Always check the ingredients list. Hidden gluten is common in soy sauce, generic seasonings, soups, sausages, malt flavoring, sauces, and more!

Will a gluten-free diet help me lose weight?

Eliminating gluten alone will not result in weight loss. Living a life of wellness and achieving healthy weight, is a lifestyle. Regardless of gluten-free status, best practice is to follow a healthy, balanced diet full of fresh fruits, vegetables, lean proteins, and whole grains.

Gluten-free recipe for Apple-Spinach Quinoa Salad (6 servings)

Quinoa (pronounced keen-wah) is an ancient whole grain rich in fiber and protein (also naturally gluten-free). Here it is combined with fresh spinach and sweet, crisp apples to delight the senses in this fun dish.

- 1 cup quinoa
- 1½ cups water
- 3 tablespoons finely chopped shallots
- ¼ teaspoon salt
- 2 teaspoons extra-virgin olive oil
- 1 cup medium apple, chopped
- ½ cup fresh baby spinach
- ¼ cup dried cranberries
- ¼ cup chopped walnuts

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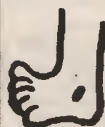
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A rain garden near one of the entrances to Cheney Stadium is part of a city of Tacoma stormwater control project that's being finished this fall.

Courtesy photo/Greenroads

Project at stadium knocks pollution from runoff out of the park

The city of Tacoma is hitting an environmental home run with a stormwater control project at Cheney Stadium, home of the Tacoma Rainiers.

As the Pacific Coast League minor league baseball team's 2013 season was nearing an end in early September, work crews were preparing to break ground on Phase 2 of the stadium's sustainable stormwater project. Fans of the Rainiers will have more than a new season to look forward to next spring. Work this fall calls for installing more porous asphalt in the parking lot, a large rain garden (called a bioretention facility), 2.5 acres of landscaping with 263 shade trees, and pervious concrete sidewalks that officials said will make getting to the game from Scott Pierson Trail and Tyler Street easier.

The result will be a stadium with a parking lot that filters 10 acres of water on-site so that polluted rainwater doesn't make it downstream to fish and wildlife, officials said.

Rain falling at Cheney Stadium can eventually travel 10 miles along stream banks before flowing into Chambers Bay.

See STADIUM page 3

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STADIUM

The \$1.5 million project, which city officials said could be a model for other commercial developments, uses plants, trees and permeable soils to slow down and absorb water running off the stadium's parking lot. That water could be dirtied by vehicles with oil leaks or other dripping fluids.

"Putting natural process to work like this can be a smart and efficient use of resources," said City Councilman Ryan Mello. "Puget Sound and the land around Tacoma's lakes, rivers and streams are tremendous economic and quality-of-life assets that deserve our protection."

Officials said the city's surface-water efforts, such as this Environmental Services Department project, have made Tacoma a

regional leader in green infrastructure. Phase I of the project achieved Silver Greenroads Certification, helping make Tacoma home to the highest concentration of Greenroads-certified projects in the nation. Since its completion in 2012, Phase 1 has garnered statewide attention through university student and professional organization tours.

A groundbreaking ceremony for Phase 2 was held before the start of the Rainiers' season-ending game Sept. 2. Mello and Environmental Services officials were on hand along with representatives of the team and project contractor Stan Palmer Construction.

Tacoma awarded a contract to Palmer to do the work. Money for the project includes up to \$1 million in grant funds from the state Department of Ecology, with matching city and stadium funding.

From page 4

Free tips on Affordable Care Act

Pierce County Aging and Disability Resources will offer a free public workshop on the Affordable Care Act, including the basic provisions for consumers and how to get one-on-one help choosing the best insurance plan and benefit.

"Deciphering the Affordable Care Act" is scheduled for:

- Nov. 4, 12:10-12:50 p.m. at the Pierce County Annex main meeting room, 2401 S. 35th St. in Tacoma.
- Nov. 4, 4:30-5:30 p.m., Sound View Building, 3602 Pacific Ave. in Tacoma.
- Nov. 5, 12:10-12:50 p.m., County-City Building's Rainier conference room, 930 Tacoma Ave. S. (seventh floor) in Tacoma.
- Nov. 5, 7-8 p.m., Sound View Building.

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Memory care makes Raanah smile

Partnership helps families deal with Alzheimer's and other dementias

By Bob Riler
Contributing writer

Every day is a good day for Raanah Aanstead. But three days each week, she is in the best place.

"People make me smile," she said. "They make me feel special."

For a little over a year, Raanah has been going to Cascade Park Active Day, an adult day health center in Tacoma's Stadium district. She participates in a special program for individuals experiencing memory loss or dementia.

Sixty-one years ago, Raanah was born into a large family in North Dakota. She has Down Syndrome and is now experiencing some early-stage memory loss. Today she lives with her sister, Lonnie McWilliams. Lonnie makes sure Raanah's needs are always met.

McWilliams learned about the memory care and wellness services at Cascade Park after connecting with Pierce County Community Connections' Aging and Disability Resources. The county partners with Cascade Park under a federal project to offer specialized adult day services for families that deal with Alzheimer's and other dementias. The program helps both the caregiver and the care recipient. It includes an exercise component for the program participant, as well as extra support for the caregiver.

Raanah has always been active. She worked for 17 years at the Safeway grocery store in Federal Way. She worked hard to keep the

store clean.

"They treated me like a person," she recalls. That gave her the independence, affirmation and dignity that she desired.

McWilliams is impressed with what she is seeing now for her sister.

"The people who come to the program here at Cascade Park are all actively engaged in doing something. They're not vegetating. I see stimulation here," she said.

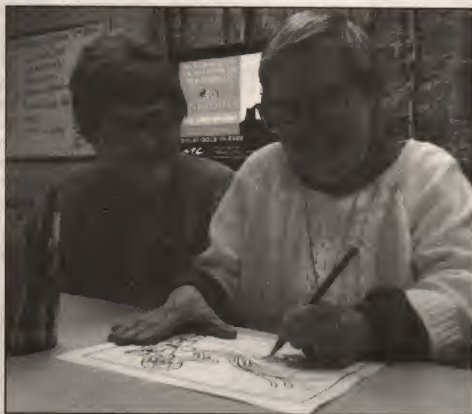
Looking for help — any help — McWilliams talked with a good friend who leveled with her: "I saw Raanah as just vegetating. She needed to be around other people and become involved."

That's when she called Cascade Park. She and her sister visited to preview the facility and the program. She recalls that "Raanah had a ball, and I knew then that this would work for her."

Raanah now participates in a five-hour afternoon memory care session. When the shuttle comes to pick up Raanah at her home, her face lights up. She knows she is in for a treat.

As much as it is a special day for Raanah, it also serves as a break for McWilliams. "Her days are full and she's much more stimulated," McWilliams said. "And it makes my job much easier. It gives me an important break to do other things."

Being a full-time caregiver is hard work. McWilliams has accepted that responsibility since 1992, in addition to dealing with her own chronic condition. To survive and stay healthy, she has developed a strong support system, something that every caregiver knows to be important.



During a visit to Cascade Park Active Day, Raanah Aanstead does some coloring while her sister and caregiver, Lonnie Williams, watches. McWilliams learned about the memory care and wellness services at Cascade Park after connecting with Pierce County Community Connections' Aging and Disability Resources.

Courtesy photo

"I have a number of good friends who help, and my church has been phenomenal," said McWilliams.

"I also go to a support group that is held at Cascade Park. It's not a pity party by any means. There's lots of advice time, sharing among the family members and caregivers what they would do in certain situations. That helps tremendously."

Raanah is delighted at her experience.

"They teach me how to do things," she said. "They have lots of games. And I'm really good at coloring." Indeed, the refrigerator at home is a masterpiece of Raanah's abilities.

And she has nothing but praise for the food she enjoys.

"I like the eggs and toast best,"

Raanah said. The staff has been able to meet Raanah's need for a gluten-free diet.

Raanah's time at Cascade Park is paid through a mix of Medicaid, Medicare and insurance.

McWilliams does have one regret: "I wish I would have known about this earlier than I did. I have absolutely no worries when Raanah is here."

In the meantime, Raanah will be busy playing games and interacting with the other people in the memory care program at Active Day.

Bob Riler is a community outreach and education specialist for Pierce County Aging and Disability Resources.

Puyallup man with Alzheimer's uses poetry to help others who are like him

Lon Cole has experienced a lot. He served with the Navy in the Vietnam War, has worked as a surgical nurse, police officer and business owner, has been married for 40 years and is the father of two children and the grandfather of eight.

And he has early-onset Alzheimer's.

Since being diagnosed with the disease, the Puyallup resident has been writing poetry about his feelings and his efforts to lift others in his situation. Here's one titled "A Great Journey:"

Dementia is a great journey
Where too many have to go
You can't try to run from it'
No matter how much you know

Some say denial is the way
To avoid the pain you endure
Others decide to face it straight on
They hope there might be a cure

It doesn't matter if you're rich or poor
Or have several degrees on the wall
What matters the most is your attitude
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WALKERS

From page 1

"We come in all different shapes and sizes," she said, adding that the support groups are beneficial to all family members.

"When a person receives a diagnosis, they don't want to be a burden," Pollock explained, "and one of the ways we help soothe that anxiety is by empowering and educating families and providing them with that level of

support."

She said that Alzheimer's is a progressive disease and there is no cure.

"We are talking brain failure," Pollock said. "The reality is that whatever part of the brain is affected will eventually fade or erode, and we need to help individuals and family prepare for that. Job number one is to help them accept that fact and feel the support of others."

The Tacoma area alone offers seven such support groups. Some of the groups are specific to the caregivers, and some others are

for the person who has been diagnosed with Alzheimer's.

Pollock said there are 10 warning signs of Alzheimer's disease to help relieve people's anxiety about the disease.

"Everybody forgets where they put their keys, but when you really want to be concerned is if you find your keys in the freezer or you put your shoes in the dryer," she said.

Help is just as close as the phone, with a call center open 24 hours a day, seven days a week at 800-272-3900.

Pollock said the center is staffed with trained, masters-level people "really understand Alzheimer's and all related dementias and can help with local resources and support and care."

The Alzheimer's Association for western and central Washington can be reached at 206-363-3900.

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An Alzheimer's Association support group for caregivers, family members and friends of individuals with dementia meets the second Friday of each month at South Tacoma Library, 3411 S. 56th in Tacoma. Information is available from Jacquelyn Whalen at (253) 922-3221.



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Soundpath Health HMO is a health plan with a Medicare contract. Enrollment in Soundpath Health depends on contract renewal. The benefit information provided is a brief summary, not a complete description of benefits. For more information contact Soundpath Health. Benefits, formulary, pharmacy network, premium and/ or copayments/coinsurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium. Limitations, copayments, and restrictions may apply. A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings call 1-866-352-5850, TTY: 1-866-264-4141.

H9302_AEP003 CMS Accepted

Emerald Queen's buffet is as good as they come

SENIOR EATS

By CAROLYN AUGUSTINE

The Pacific Rim buffet at the Emerald Queen in Fife is one of the best I have experienced. The food is fresh, well-prepared, and the variety is satisfying.

Like any buffet, the food is best eaten when it first arrives from the kitchen, hot, or cold and the correct textures. I recommend taking a tour of the offerings when you first arrive, noting your favorites or the things you want to try and then picking them up when they are first presented.

We attended the Sunday brunch and were really happy with the breakfast selections, as well as prime rib, turkey, sushi and a full salad bar.

I especially liked the eggs Benedict and the blueberry blintzes, soft pancakes with blueberry filling and sauce. The full omelet bar allows you to pick your own ingredients and decide how dry you want your eggs.

There is a fruit bar, soups, breads and sushi which is made on-site. I tried some varieties I had not had before and was pleased with the taste.

A Chinese table has about 15 different

foods with a variety of sauces.

I thought the fried fish was a bit dry and did not find any chicken except on the Chinese table.

The desserts were divine. Pies, cakes, little tortes, pudding, cobbler and cheese cake are all made on-site, and soft serve ice cream is available if you want them a la mode. I loved the blackberry pie. It was loaded with blackberries and the crust was tasty and tender. Always leave room for dessert. I could just fit in a tiny piece of cheese cake and it was moist and sweet. Yum.

There is valet parking and great restrooms. To avoid the gambling, self-park in the south parking garage and cross to the restaurant section. The smoking section is separate from other diners. Service dog-friendly.

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PRODUCTS



Help is a button's touch away

eCare+Voice enables seniors to live independently and call for help anytime, anywhere, according to its manufacturer, Securus Inc. No landline phone connection is required, the company says. An emergency SOS button (pictured) quickly connects the user with the emergency care center via two-way voice, where specialists can speak with and track the user, dispatch local EMS, and relay critical medical information to first-responders. Even if the individual does not know his or her location, specialists can pinpoint him on a map using GPS, Securus says. Loved ones can track them on-demand using the web or their smart phone or cell phone 24/7. The eCare+Voice weighs less than two ounces and clips to a purse, clothing or a lanyard. Securus Inc. is based in Cary, N.C. and can be reached at 1-866-989-7768 and securusgps.com

Classical music concerts in Federal Way and Tacoma

Federal Way Symphony will perform Handel's "Messiah," and the University of Puget Sound's musical faculty will launch its recital series in concerts this month.

The symphony, joined by the Federal Way Symphony Singers and the St. Vincent's Choir, will perform the popular holiday choral works Nov. 17 at 2 p.m. at St. Luke's Church. The church is located at 515 S. 312th St. in Federal Way.

Tickets and other information is available at federalwaysymphony.org and 253-529-9857.

The symphony is a paid, professional orchestra and choral society under the direction of Brian Davenport, its music director for 30 years.

Maria Sampen, a Tacoma violinist known for her interpretations of standard and experimental works, will open the season for the faculty recital series at UPS Nov. 8.

"Exploration" will be presented at 7:30 p.m., in Schneebeck Concert Hall. The program includes Beethoven's "Violin Sonata No. 9." Tickets are available at <http://tickets.puget-sound.edu> or 253-879-6013 for \$8.50 for seniors 55 and up, students and military, and \$12.50 for all others.

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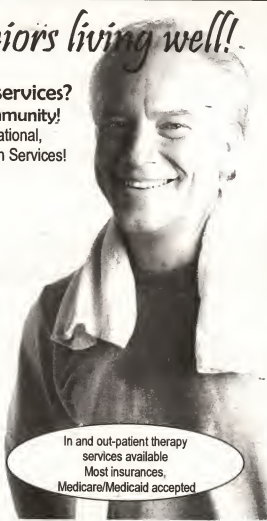
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AUDIOLOGY

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A. Take this simple test:

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|---|---|
| • Women & children's voices difficult to understand | <input type="checkbox"/> <input type="checkbox"/> |
| • Confusion among sounds of words: dime/time, bake/take | <input type="checkbox"/> <input type="checkbox"/> |
| • Need to be directly facing a speaker to understand | <input type="checkbox"/> <input type="checkbox"/> |
| • Complain that people mumble or slur words | <input type="checkbox"/> <input type="checkbox"/> |
| • Continually asking people to repeat themselves | <input type="checkbox"/> <input type="checkbox"/> |
| • People feel you speak too loudly | <input type="checkbox"/> <input type="checkbox"/> |
| • Prefer TV or radio louder than others | <input type="checkbox"/> <input type="checkbox"/> |
| • Difficulty hearing within groups of people | <input type="checkbox"/> <input type="checkbox"/> |
| • Avoid group situations where listening may be difficult | <input type="checkbox"/> <input type="checkbox"/> |
| • Difficulty hearing at movies, worship, concerts, etc. | <input type="checkbox"/> <input type="checkbox"/> |
| • Have ringing in your ears/have noises in your head | <input type="checkbox"/> <input type="checkbox"/> |

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Plans are available in King, Pierce, Snohomish, Spokane and Thurston counties. Premiera Blue Cross is an HMO and HMO-POS plan with a Medicare contract. Enrollment in Premiera Blue Cross depends on contract renewal.

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AARP Driver Safety classes in south King County, Kitsap County

AARP's Driver Safety classes, which refresh participants' knowledge of rules of the road and safe-motoring tips, are scheduled for November in south King County and Kitsap County. Information on classes in Pierce County wasn't available for this edition of Senior Scene.

Auburn: Nov. 25-26, Auburn Senior Center, 10 a.m.-3 p.m.

Black Diamond: Nov. 19-20, Black Diamond Community Center, 9 a.m.-1 p.m.

Bremerton: Nov. 4-5, Bremerton Nipsic Senior Center; 360-473-5357

Enumclaw: Nov. 18-19, Enumclaw Youth Center, 5-9 p.m.

Federal Way: Nov. 19-20, Federal Way Community Center, 9 a.m.-1 p.m.

Kent: Nov. 14-15, Kent Senior Center, 10 a.m.-3 p.m.

Maple Valley: Nov. 1 and 4, Maple Valley Community Center, 9 a.m.-1 p.m.

Port Orchard: Oct. 23-24, Eagles, 4001 Jackson St.; 360-895-3173.

Shelton: Shelton Senior Center, Nov. 4-5, 253-426-7314. Mt. Olive Lutheran Church, Nov. 4-5, 360-427-1805.

Silverdale: Kitsap Credit Union, Nov. 5-6, 360-662-2153. Country Meadows, Nov. 14-15, 360-692-4480.



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www.piercecountywa.org/cc

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SPRINTER

From page 1

But she had no reason to think she might be a national-caliber senior sprinter. The Ruston resident had no experience in track and field,

and her only previous foray in sports was when she took up tennis and bowling in her 20s before she decided "on a whim" in 2011 to enter the 100-meter and 50-meter dashes in the state Senior Games. "I was just looking for something to do in the summer. I was teaching at the time," Hanna said.

Her husband Steven, a former track competitor who also coached the sport at the high school level, became her personal trainer and coach. He soon had her running stadium steps and doing situps to get in shape for races that she figured just required her to "run in a straight line as fast as I can."

That worked. In the 2012 state games, her third-place time in the 200-meter race qualified her for the national meet. She also was invited to run in the 4x100 relay at the nationals.

Fast-forward to last summer and the national games July 19-Aug. 31 in Cleveland, Ohio. Having never run in a relay previously, Hanna found herself trying to pick up the finer points of the event in literally minutes. After finishing ninth in the 100 in 16.8 seconds, the fastest she'd ever run it, Hanna had 15 minutes to learn 4x100 techniques, including which hand to hold the baton with and how and when to transfer it to the next runner.

Hoping she was a quick study, Hanna gave it a try. After sprinting through the first leg of the relay, Hanna's handoff to the next runner was perfect, and their team went on to finish third and earn the bronze medal.

"I couldn't believe it I did it. The whole thing was so exciting," Hanna said.

The Senior Games began in 1985 in St. Louis, Mo., the brainchild of seven men and women who formed what originally was known as the National Senior Olympics Organization. The games, held every two years with as many as 100 participants, promote healthy lifestyles for adults through education, fitness and sport.

For Hanna, who taught fashion marketing and career opportunities at Bremerton High School and Bates Technical College and earned a statewide Milken Educator award before changing professions, the games are a real-life example of what awaits people who step (or is that run?) out of their comfort zone and try something completely new.

"I'm so glad I decided to do this. I never would have known I could do it if I hadn't tried," she said.

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City issues proclamations to retirement community

Peoples Retirement Community in Tacoma received two city proclamations from Mayor Marilyn Strickland - one in recognition of September as Fall Prevention Awareness Month and Sept. 22 as Fall Prevention Awareness Day, and the other for Sept. 8-14 as National Assisted Living Week.



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Ways to be ready for emergencies, disasters

If a disaster or weather emergency hits, would you know what to do before first-responders arrive?

"We want residents to know what they can do to ready themselves," said Tacoma deputy fire chief Tory Green.

According to ready.gov, the federal government's official preparedness website, there are three key ways prepare for an emergency. The first is keeping enough emergency supplies on hand for you and those in your care. Water, non-perishable food, first aid, prescriptions, flashlight, and a battery-

powered radio are all good things.

The next thing you should do is make a plan. Be sure to discuss, agree on, and document an emergency plan with those in your care.

The third thing is be informed. Information is available from state and local resources.



Pierce County Neighborhood Emergency Teams, through free training and information, helps neighbors organize responses to emergencies. Officials note that professionals might not be available right away in a major disaster, making residents the first-responder. More information is available at 253-798-6595.

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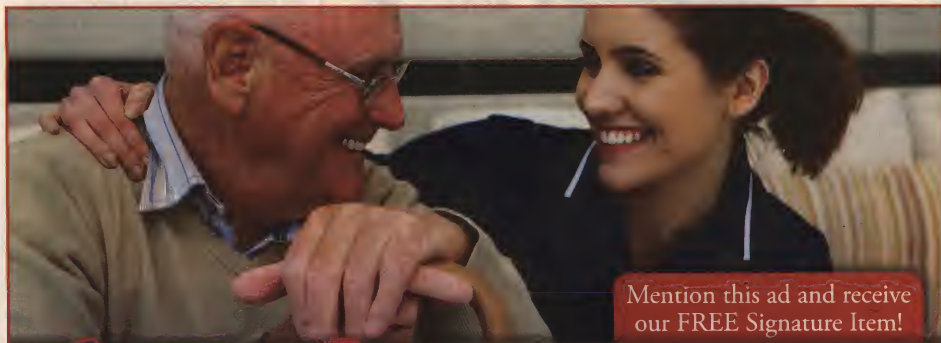
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Notice to contractors: Washington State Law (RCW 18.27.100) requires that all advertisements for construction related services include the contractor's current Department of Labor and Industries registration number in the advertisement. Failure to obtain a certificate of registration from L&I or show the registration number in the advertisement will result in a fine up to \$5000 against the unregistered contractor. For more information, call Labor & Industries Specialty Compliance Services Division at 1-800-647-0982 or check L&I website at www.wa.gov/lini. wa.gov

All real estate advertising in Senior Media Services publications is subject to the Fair Housing Act Title VIII of the Civil Rights Act of 1968 (Fair Housing Act). This act as amended, prohibits discrimination in the sale, rental, and financing of dwellings, and in other housing-related transactions, based on race, color, national origin, religion, sex, familial status (including children under the age of 18 living with parents or legal custodians, pregnant women, and people securing custody of children under the age of 18), and handicap (disability). This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Readers can complain of discrimination by calling HUD toll-free at 1-800-669-9777. The toll-free telephone number for the hearing impaired is 1-800-927-9275.

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Totally disabled veteran needs help cleaning home, ironing, altering clothes. Prefer over 50. Own transportation. Reliable and honest. \$10 hour to start. No smoke, drink, drugs or cell phones. Call 253-435-7499.

Totally disabled veteran needs capable handyman, all phases of handy help. Must have reliable transport, truck or van. \$10 hour to start. Call Jerry. 253-435-7499.

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Tacoma voters deciding on utility tax increase for roads

Tacoma voters will decide in the general election this month

whether utility customers should pay higher rates to

help meet the costs of other public services.

Proposition 1, if approved, would add a 2 percent tax on the earnings of natural gas, electric and phone companies.

The revenue would pay for neighborhood street improvements and safety upgrades in Tacoma, according to city officials.

The general election ends Nov. 5, the day ballots must be mailed or taken official drop boxes.

ADOPT A PET



Tacoma-Pierce County Humane Society describes one of its featured pets: "Are you looking for a kitty who will show his love for you at any moment? Then Thomas is your guy. This handsome 3-year-old black and white tuxedo is waiting to find his new, loving forever home. Thomas is a very affectionate kitty who loves to tell you what's on his mind. With his distinctive "meow," he's sure to bring a smile to your face every time you hear him." Reference #A479243

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PLACES TO GO, THINGS TO DO

Veterans Day observance: Nov. 11, 11 a.m. at War Memorial Park in Tacoma (Sixth Avenue and MacArthur Street). Hosted by Tacoma Historical Society.

Holiday Craft Fair: Nov. 2, 9 a.m.-5 p.m. and Nov. 3, 10 a.m.-3 p.m. at Spanaway Lake High School, 1305 168th St. E. in Spanaway).

Winter Fest: Handcrafted treasures and gourmet treats, Nov. 30 (9 a.m.-5 p.m.) and Dec. 1 (11 a.m.-4 p.m.) at Peninsula High School.

Toastmasters Evergreen 333: 68th anniversary celebration Oct. 8 during open house from 12:15 to 1:15 p.m. at Emmanuel Lutheran Church at North 14th and North Stevens Street in Tacoma. Food and beverages, sample Toastmasters meeting. Information: www.333.toastmastersclub.org

Holiday Bazaar: Nov. 15-16, 9:30 a.m.-4 p.m. at Tacoma Lutheran Retirement Commu-

nity, 1301 N. Highlands Parkway, Tacoma.

Health and fitness walks: Tuesday mornings, leave Federal Way Senior Center at 9. Information: 253-838-3604, federalway-senior-center.org

Frankie Tobey Jones bazaar: Nov. 15, 10 a.m.-3 p.m., 5340 N. Bristol St., Tacoma.

Senior Companion: Volunteers are wanted for program of Lutheran Community Services Northwest. Serve 15 to 40 hours per week and earn a tax-free, hourly stipend while providing transportation to medical appointments or stores, running errands or simply being a friendly visitor. Must be 55 or older and have income of less than \$1,915 a month for a one-person household and \$2,585 a month for a two-person household after personal health expenses are deducted. Information: 253-722-5686, jkerrigan@lcsnw.org

Point Defiance Zoo: Free for 65-plus and disabled on third Tuesday of each month. Information: (253) 591-5337.

Faculty Recital Series: Nov. 8, 7:30 p.m., Schneebeck Concert Hall at University of

Puget Sound.

Loving Hearts: Group knits and crochets items for charities. Next meetings: Nov. 12, 1-3 p.m. and Oct. 23, 7-9:00 p.m. at Way Point Church, 12719 134th Ave. KP N. in Gig Harbor, and Nov. 21, 1-3 p.m. at Ardena Gale Mobile Park, 4821 70th Ave. E. in Fife. Information or to make yarn donations: lovingheartsonkp@gmail.com or (253) 884-9619.

Salvation Army Women's Auxiliary: Silvercrest Senior Apartments, 4103 9th SW, Puyallup. Second Tuesday of each month, 11:45 a.m., lunch served. (253) 847-7127.

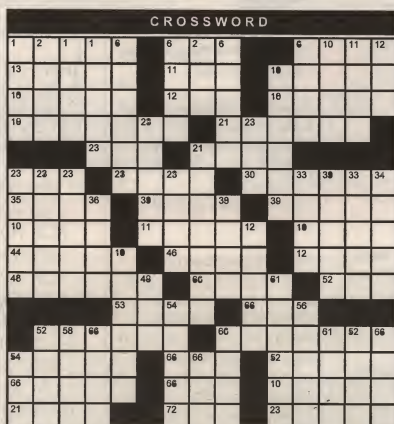
Stop smoking program: Thursdays, 6:30-7:30 p.m. at St. Francis Hospital, 34515-9th Ave. S., Federal Way. Information: 223-7538, (253) 426-6746, goodbyetobacco@live.com.

WWII Veterans of the Battle of the Bulge: First Wednesday of each month, 11 a.m. in Gig Harbor at Round Table Pizza, 5500 Olympic Dr. Information: (206) 783-0212, (360) 871-3206, (253) 566-7665.

More on page 15

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are on
page 15



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PREMIUM MOVIE CHANNEL

For 3 months.

HBO SHOWTIME DISNEY

dish

Offer subject to change based on premium channel availability

STATEPOINT CROSSWORD 'Halloween'

ACROSS

1. Opposite of rappel
6. Be mistaken
9. Long, long time
13. Eagle's nest, e.g.
14. Remain
15. Like unrefined oil
16. Actor Jeremy
17. Credit card acronym
18. "Spooky"
19. "It's Illuminating"
21. Two dots above a letter
23. Last word of "America the Beautiful"
24. Speed unit
25. Highest card in "War"
28. Calf-length skirt
30. Relating to living organisms
35. Legal prefix
37. Hyperbolic tangent

39. Around or approximately

40. Socket insert
41. Cruising
43. Bank claim
44. Chinese fruit
46. Shells, e.g.
47. "I be surprised"
48. Unlike a mammoth, e.g.
50. Insubstantial
52. Bond, e.g.
53. "Avoided by Dracula"
55. Corn site
57. "Fairly"
60. "Kind of Halloween house"
64. "Specter of Dracula"
65. "Tarzan's parental role model"
67. Out of the way
68. Figure out
69. "Appia"
70. Fencing move
71. At the top
72. Moray, e.g.
73. Artistet Fernand or designer Herve

DOWN

1. To finish with a ceiling
2. Vega's constellation
3. Chipping choice
4. Breath refreshers
5. Beft
6. Distinctive flair
7. "Body marker"
8. Old episode
9. Acreage
10. Leader or expert
11. Prep for publication
12. Get the picture
15. Boston pro
20. Indian restaurant
25. Capone's family
24. Flesh and blood
25. "In season, sing."
26. Flower part
27. Spew
29. Computer entry
31. Greasy
32. Threesomes
33. Freeze

34. "Halloween swag"
36. Muslim-honorific
38. Part of hemoglobin
42. Blood carrier
45. Compose
49. Sylvester, to Tweety
51. Everyone else
54. Boxer's move
56. Arise
57. 3-pointer, e.g.
58. a.k.a. the sport of kings
59. Please get back to me
60. Cure
61. Sound of a small bell
62. U2 guitarist
63. Doe in "Do-Re-Mi" song
64. Fed. property manager
66. "Around now pumpkin ones become popular"

Health and fitness programs:
Center at Norpoint. Information:
253-404-3900, corinne@
tacomaparks.com

Christmas bazaar: Festive crafts,
gifts, bake sale, refreshments and
raffle Nov. 16, 10 a.m. to 4 p.m. at
Collins Grange, 3404 E. 120th in
Tacoma. Free admission

Karpeles Manuscript Museum:
Free. 407 S. G St., Tacoma.

Tacoma Art Museum: Free third
Thursday of each month, 5-8 p.m.
1123 Pacific Ave. Information, hours
and fees for other days: (253) 272-
4258.



**Widowed/divorced/separated sup-
port group:** Christ Episcopal Church,
located at Fifth and Pioneer in Puyal-
up; 7 p.m. Information: 253-820-
3066.

Solutions for puzzles from previous page



3	1	9	7	6	8	2	4	5
7	2	8	5	4	1	6	9	3
6	4	5	3	9	2	1	8	7
5	9	1	4	8	3	7	2	6
4	7	6	2	1	5	8	3	9
8	3	2	9	7	6	4	5	1
9	5	7	6	2	4	3	1	8
1	6	4	8	3	9	5	7	2
2	8	3	1	5	7	9	6	4

Senior Nutrition Program NOVEMBER 2013

Mon	Tue	Wed	Thu	Fri
Serving Days				
	Menu items are prepared without additional sodium. CCS uses fresh produce whenever possible to improve the quality of our meals. Seasonal fruit is provided on menu where "Fruit" is noted. If you have comments, questions or suggestions regarding our menu, please feel free to call our Lakewood office at (253) 474-1200			1 Baked Ham Macaroni & Cheese Key West Vegetables Fruit Roll
Honey Dijon Chicken Baked Potato Brussels Sprouts Apriots	5 Beef Soft Tacos Pinto Beans Cucumber/Tomato Salad Fruit	6 Italian Pork Hoagie Macaroni Salad Applesauce	7 Tuna Melt On Sourdough Bread Salad Peas & Onions Fruit	8 Beef Stroganoff Capri Blend Vegetables Roll Fruit
Cheese Tortellini Broccoli Breadsticks Apples	12 Vegetable Lasagna Asparagus French Bread Cherry Crisp	13 Chicken Marsala Brown Rice Brussels Sprouts Carrot Cake	14 Beef Tips Mashed Potatoes & Gravy Spinach Salad Roll Tropical Fruit	15 Egg Roll & Chicken Rice Stir Fry Vegetables Mandarin Oranges
Garlic Chicken Pizza Mixed Greens w/Tomato Slices Tropical Fruit	19 Smoked Pork Roll Au gratin Potatoes Peas & Carrots Honey Wheat Roll Applesauce	20 Primavera Fish Scandinavian Vegetables Rice Pilaf Wheat Roll Cherries	21 Turkey Tetrazzini Pasta Key West Vegetables Home Style Roll Plums	22 Breaded Chicken Tossed Salad Corn Chuck Wagon Peaches
Sweet & Sour Pork Brown Rice Stir Fry Vegetables Mandarin Oranges Vanilla Pudding	26 Beef Barley Soup Crackers Salad Pineapple Tidbits	27 TRADITIONAL TURKEY DINNER Sweet Potatoes Dressing Cranberry Sauce Green Beans Roll Pumpkin Pie	 HOLIDAY From each of us, to each of you Happy Thanksgiving	

For reservations, call (253) 474-1200.

Meal sites

Catholic Community Services invites you to join them for a hot nutritious lunch and spend a few hours volunteering, too. There are 27 locations throughout Pierce County and King County. Suggested donation of \$3 for seniors and \$5 for non-seniors.

PIERCE COUNTY
African American: 1323 S. Ya-
kima, Tacoma
Beacon: 415 S. 13th St., Tacoma
Buckley: 811 Main St.
Eatonville: 305 W. Center St.
Fife: 2111 54th Ave East, Fife
Gig Harbor: 8502 Skansie Ave,
Japanese: 14916 SW. Washington

Lakewood: 5705 Main St. SW.
Lighthouse: 5016 S. A St., Ta-
coma
Parkland: 12115 Park Ave. S.
Portland: 3513 E. Portland Ave.
Puyallup: 210 W. Pioneer
Ruston: 4716 N. Baltimore
Stellacoom: 2301 Worthington
Sumner: 15506 62nd St. E.

KING COUNTY
Auburn: 808 Ninth St SE..
Bellevue: 4063 148th Ave. NE.
Black Diamond: 31605 Third
Ave.
Des Moines: 2045 S 216th St.
Enumclaw: 1350 Cole St.
Federal Way: 876 S 333rd St.
Issaquah: 75 NE. Creek Way

Kirkland: 352 Kirkland Ave.
Pacific: 133 Third Ave. SE.
Redmond: 8703 160th Ave. NE.
Seatac: 13735 24th Ave. S.
South Park: 8201 10th Ave. S.

Bring on the Bazaars

Looking for that perfect holiday gift or treat?

Stop by Frank & Tobey Jones' annual Bazaar-ish Day to find that special item (and more!)

When:

Friday, November 15, 2013

10:00 am—3:00 pm

Where:

5340 N. Bristol St., Tacoma WA

Lillian Pratt Parlor

Fircrest Holiday Bazaar
30+ vendors offering unique hand-crafted gifts

Saturday November 23rd
10:00 am — 5:00 pm

Sunday November 24th
10:00 am — 4:00 pm

Fircrest Community Center
355 Contra Costa Ave Fircrest WA 98466
www.cityoffircrest.net



Tacoma Lutheran Retirement Community Annual Holiday Bazaar!

November 15 & 16
9:30 a.m.-4 p.m.

Arts & Crafts, White Elephant Sale, Hand Crafted Toys & More!
1301 North Highlands Parkway
Tacoma, WA 98406



WinterFest 2013
Holiday Fest for the Eyes, Ears & Taste buds!

Peninsula High School

Handcrafted Treasures & Gourmet treats

Saturday, November 30, 9 a.m. - 5 p.m.
Sunday, December 1, 11 a.m. - 4 p.m.
(Thanksgiving weekend)

From Tacoma, approximately 8 miles north of Narrows Bridge Take Purdy/Key Center exit.

Admission \$3.00



The annual holiday-season tradition of bazaars is back once again. Treasures and treats galore are in store for shoppers who visit the bazaars and craft fairs that are advertised here. So get out there and shop 'til you drop (or find that perfect item, whichever comes first).

Spanaway Lake HIGH SCHOOL
32nd annual Holiday Craft Fair

November 2 & 3
1305 168th St. E, Spanaway

* OVER 180 BOOTHS
* CRAFTS * FOOD BOOTHS
\$3 admission for ages 6 and up

Contact Info (253) 683-5600
Saturday, 9 a.m. - 5 p.m.
Sunday, 10 a.m. - 3 p.m.



HOLIDAY BAZAAR

NOVEMBER 30, 2013
SATURDAY 9AM-5PM

Handcrafted holiday treasures and gourmet treats!
Children's Entrepreneur Section
Games, lunch, and snacks available.
Accepting donations of non-perishable food items for the Thurston County Food Bank.

FREE admission!
FREE parking!

Mix 96fm
www.mix96.com



Trips to get you thinking about spring

SENIOR ADVENTURES
By Linda Finch

Here we are nearing the end of the year again. It has been a very busy year with exciting things to do and places to go. It is sometimes hard to try to decide what to do next. We are always looking for suggestions.

There might still be some space on the Cuba trip Dec. 1 for those who can't make up their minds until the last minute. We might even still be able to find space on Princess cruises for anyone who would like to that that wonderful 15 day cruise out of San Francisco to Hawaii and back. There have been some very good fares listed for that one.

Now is also the time to be thinking of our cruise out of Galveston to Roatan and Belize on March 9. A nice seven-day cruise to get you out of the weather and start you thinking about spring.

And then there is our annual two-week trip to Hawaii. This year it will be Maui. Come along and see every inch of the island. The price tag includes lots of day trips, plenty of meals and a great deal of fun, sun and relaxation.

Further into the spring is Washington, D.C. for the cherry blossoms. Think about perhaps staying in the country and seeing those things which have been so important to us - the Jefferson, the Lincoln, Vietnam and Korean War memorials. Visit Mt. Vernon, Alexandria, Arlington, and even tour Annapolis.

Want something a little more exotic? Then how about Portugal, Spain and a river cruise through the Duro Valley? Everything is included, with no extras for shore excursions or even cocktails.

For further information on these and many other trips, call me at 253 927 8207 or get on the e-mail list at linda.finch@gmail.com.

AARP Tax-Aide looking for volunteers

Volunteers who like preparing tax returns and have basic computer skills are being recruited to be Internal Revenue Service-certified AARP Tax-Aides.

The Tax-Aide program is sponsored by AARP Foundation and the IRS. You don't need to be an AARP member or retire to volunteer, or to receive free tax preparation and assistance from Tax-Aide, which is for low and middle-income persons. Training is scheduled to begin in December. Registration and other information is available at www.aarp.org/taxaide and 1-888-687-2277.

A program spokesman said